

The other night I was browsing around on the internet a little. As I have mentioned in some previous post, there's a paranormal/spiritual discussion forum that I check out every now and again. Sometimes I check it out more, sometimes less. These days I'll check it out maybe a few times a week. Anyway, the other night I was on this forum and I saw a post about astral projection. I don't really know anything about astral projection. I've never done it myself, so I was about to just skip over it and check out the next post, but I saw a comment on there that caught my eye. Someone had mentioned how when they astral project they often hear voices. Yes, this grabbed my attention because the main aspect of my own entity attachment situation has been hearing voices, or these days I should say hearing a voice (singular) because for the most part anymore, I'm just hearing one voice on a day-to-day basis, though it's a voice that's been here since the very beginning. So I was reading over this post and reading through the comments and I saw a lot of mention about how one needs to watch out for running into negative entities while they're astral projecting. A few comments mentioned that yes, hearing voices is quite common and it could sometimes be these negative entities... trickster entities... demons if you will, I'm sure they go by many names and always have.

The thing that further grabbed my attention is that so many people were saying that all you have to do is say a prayer or imagine yourself engulfed in white light or something like that, and that in their experience, this drives away the negative entities. While I was reading this I was just thinking to myself "man... I was messing with the wrong stuff back in 2015". By this I mean the activity that I was doing during the winter of 2015 that set in motion a series of events that brought about this entity attachment situation. I was experimenting with EVP recording for a couple of months that winter. While initially the experience seemed like a positive one and it was quite fascinating to me, as the weeks went by I found my recordings began to be dominated by negative voices. These negative voices would insult me and throw out criticisms and sometimes outright threaten me. They seemed to be trying to get a rise out of me basically. I found this to be quite annoying at the time, when I was recording. Yet I had no idea that they were far more dangerous than just being a nuisance while I was trying to experiment with something I was fascinated with. At the end of February 2015, I started having incidents of hearing the same negative voices beyond on the recording sessions. I could be at work or driving down the road or at a store shopping and I would all of a sudden hear them. I recognized right away that it was the same voices. I was only recording for those two months, but within that short span of time it did become something of an obsession for me and I would spend hours practically every night doing recording sessions and talking with these voices and listening intensely to the recordings to hear their replies. So when I heard these voices outside of the recordings I knew it was some of the same ones, I recognized them. This was a very disturbing development for me to say the least and to my horror, things just kept getting worse and worse by the day. I kept having more and more incidents of hearing these negative voices....things kept escalating. Then I started to experience strange physical sensations at times. I was now perceiving the presence of these entities in a direct physical way.

Things escalated for about a month and then when April rolled around, the true onslaught began and I started being tormented by these voices around the clock... night and day. I was blindsided by this completely and knocked on my ass. My sleep routine was destroyed. My appetite was destroyed. I was a nervous wreck filled with anxiety. These voices were messing with my head to an extreme degree with all the strange and terrible things that they were telling me. My world was falling apart.

When I mustered the strength, I would try to banish them, desperately try to banish them by doing such things as saying prayers, saying prayers out loud, visualize myself being surrounded by light or angels... or things along those lines. I tried all sorts of things like that, but none of it succeeded in driving these entity attachments away. Things did eventually start to improve for me. I did eventually reach a point where things started to get better instead of getting worse and worse by the day. I did begin to get back on my feet and put the shattered pieces of my life back together. It didn't happen overnight, but it did happen and it happened after I had waged an exhausting struggle to retake my life back. I've often referred to this struggle as a kind of "battle of the mind". That's where I was fighting these entities the most... in my mind. They had all sorts of abilities and things that they could do, but for the most part they all seemed centered around breaking me mentally, trying to manipulate me mentally, trying to dominate me mentally. In essence, they were targeting my mind. So it was in the realm of the mind where I fought back and where I waged this struggle. They would tell me all sorts of storylines and play all these mind games to try and mess with my head, and for a while they succeeded with this. Even when I didn't believe a word that they were saying, it still troubled me, what I was hearing... because I would just keep thinking to myself, "what if they're telling the truth?". "What if there's some truth in what they're saying?" What if...what ifwhat if?

I was impacted by the fact that I was hearing these voices, and hearing them so constantly, but I was also very much affected by what they were saying to me, the content of it. The vast majority of the time, it wasn't anything good or for my benefit. Sometimes they could make it sound like they were trying to help me, but they always had an agenda behind this and I began to realize this more and more as time went on. So, it was a long and bitter struggle and I fought it out with them primarily on the battlefield of the mind.

So I was quite surprised reading some of these comments on this discussion forum post the other day, when people made it sound so easy to drive away these negative entity attachments. Just say some sacred words and visualize some light and they'll be gone. There were a number of comments like this and that was the impression that I got from them. As I said, I've never astral projected myself, so I really can't say anything about this other than it was different from my experience after engaging in EVP recording. Perhaps the EVP voices and the Astral Projection voices are different, they are of a different element. Perhaps the heckler voices that sometimes are heard on EVP recordings are a lot more tenacious? I don't know, I simply don't know. I would suspect that they were probably one in the same boat, for some reason though... with astral projection they just seemed a lot easier to drive away, or at least this is the impression that I got from reading some of these comments.

There's also the possibility that they aren't really this easy to drive away and that this is not entirely accurate information. Perhaps some individuals are fortunate enough to avoid a bad situation, a bad attachment/oppression situation when they're engaging in these kinds of things. Yet that doesn't mean everybody's going to luck out. If it was me, and for whatever reason I did decide to start attempting astral projection, and I started hearing voices, I would probably stop then and there. I've been through too much with voices and I know that one can be deceived by them. As I said, when I first started communicating with the voices that I was hearing on my EVP recordings, it seemed like a very positive experience, the voices were very friendly, they seemed very benevolent. Yet a few short weeks later I was being tortured by menacing voices. Perhaps these voices were one in the same and it was simply a trap the whole time. I don't know, and that's part of the danger of it.... you just never know who you're hearing and who you're communicating with ...regarding these kinds of things. These are just some things to consider.

- September 28, 2021

- B. E.